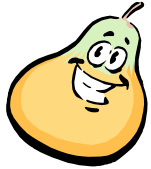
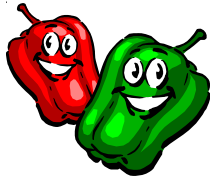


Teeth Healthy Foods

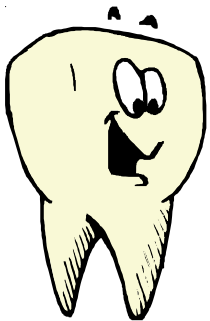


- ✓ Fruits
- ✓ Vegetables
- ✓ Nuts and seeds
- ✓ Yogurt
- ✓ Chicken
- ✓ Eggs
- ✓ Turkey
- ✓ Salad
- ✓ Cereal (low sugar)
- ✓ Plain bagels
- ✓ Pizza
- ✓ Popcorn
- ✓ Tacos
- ✓ Cheese
- ✓ Sugar free gum/soda



Remember the next time you reach for a snack, pick a food that is low in sugar and low in fat.

Your teeth and your body will thank you!



More Information:

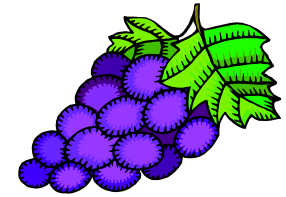
If you want to know more about keeping your teeth healthy, contact the:

Office of Oral Health
Family Health Administration
Maryland Department of Health
and Mental Hygiene
201 West Preston Street, 3rd Floor
Baltimore, MD 21201
410-767-5300
www.fha.state.md.us/oralhealth
e-mail: oralhealth@dhmh.state.md.us

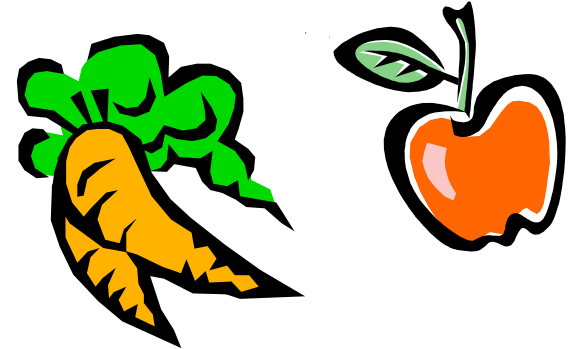


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The Department, in compliance with the Americans With Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits, and employment opportunities.



Foods for Healthy Teeth



Some tips on healthy eating from your Maryland Department of Health and Mental Hygiene



Martin O'Malley, Governor
Anthony G. Brown, Lieutenant Governor
John M. Colmers, Secretary

Fun Foods for Teeth

Whether you are old or young, good oral health includes good nutrition!

What vitamins make a healthy mouth?

Vitamin D is found in dairy foods and strengthens teeth and bones.

Vitamin B is found in breads and cereals along with iron and helps make healthy blood and gums.

Vitamin C is found in fruits and keeps gums healthy.

Food and Tooth Decay

Tooth decay starts with plaque. It is a sticky substance that forms on your teeth after eating.

Plaque can also cause gum disease because it irritates the gums and makes them red and swollen.

Each time you eat, the germs in plaque make acids that destroy the tooth surface.



Food and Tooth Decay

Foods that stay in the mouth longer, for example hard candies and mints or sticky foods like caramels or jellybeans, increase the risk for tooth decay because they produce acid for longer periods of time.

Eating starches or sugars at mealtimes is less harmful than eating them without other foods.

Ways to Avoid Tooth Decay

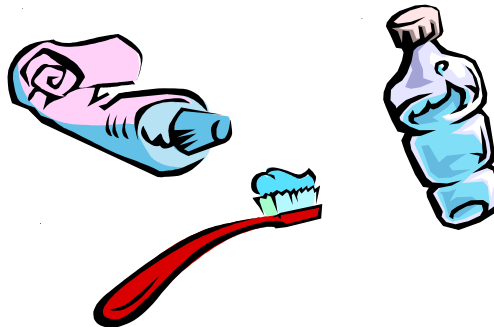
Limit the amount of hard candy you eat throughout the day.

Eat your food and drink sugary liquids at one sitting instead of eating or drinking all day long.

Brush your teeth after every meal.

End meals with a crunchy and nutritious snack such as an apple or a carrot to help scrub your teeth.

Choose water over sugary drinks.



Foods to Eat in Moderation

- Raisins
- Cake
- Jam
- Candy
- Breads
- Gummy candies
- Peanut butter
- Pasta
- Chocolate
- Potato chips
- Pretzels
- Soda
- Crackers
- Caramel
- Sweet tea
- Juice (including 100% juice)

